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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

SEPTEMBER 2009



**Meaning in the Language of
Flowers:**

Enchantment; delicacy of feeling

[More about the meaning of flowers](#)

Characteristics:

Lemon verbena is a deciduous shrub that grows about three to four feet tall in the summer of our North Coast climate. The leaves are about 3 to 4 inches long, pointed and rough with a very strong and alluring lemon scent. Lemon Verbena is, without a doubt, the herb with the strongest lemon scent. Lemon Verbena has many fans due to this attractive scent. Little white flowers will appear on untrimmed branches in late August.

Lemon Verbena

Botanical Name: Aloysia triphylla

History:

Unlike most herbs that are typically native to the Mediterranean area, Lemon Verbena is native to Chile and Argentina. Spanish explorers brought lemon verbena to Europe in the 1700's. The name verbena means "leafy branch".

Lemon Verbena in the Garden:

Lemon Verbena is a tender perennial that loves hot sun. It becomes dormant in cool weather and is slow to break dormancy in our climate. It becomes available for purchase in garden centers in late April or early May. It should be planted in your garden when night temperatures are above 40 degrees which is usually in mid-May here in the Cleveland area. It can also be grown as an annual herb which will be killed with the first frost.

To keep the plant full and bushy, trim the tips often. Like Basil, Lemon Verbena is a heavy ground feeder and will grow much larger in our summer season with a once-a-month application of Plant Tone (1/4 cup per plant) from June through September. Lemon Verbena is suitable for container growth. If you would like to bring the Lemon Verbena plant inside for the winter to carry it over for the next growing season, grow it in a pot than can be taken indoors when temperatures reach 40 degrees. In the fall, trim the lemon verbena plant and harvest the leaves. Leave about 1/3 of the plant with some leaf growth. Continue to water and feed it

Recipes

Triple Lemon Herb Butter

Delicious on breads, vegetables, fish and poultry

1/2 cup or one stick of butter or margarine
1 tablespoon finely chopped lemon balm
1 tablespoon finely chopped lemon thyme
1 teaspoon chopped fresh lemon verbena (remove middle from leaf, very fibrous)
1 teaspoon fresh lemon juice
Combine all ingredients and mix well. Refrigerate overnight to allow herb flavors to permeate butter. Store in refrigerator in a tightly covered container for two weeks or freeze for 6 months. To freeze wrap tightly in plastic wrap and then in foil. Let as little air as possible come into contact with butter in freezer.



[MORE RECIPES ONLINE](#) ▶

Lemon Verbena Scone Mix

2 cups flour
1 ½ Tb. baking powder
¼ cup sugar
½ tsp. salt
1 stick real butter, room temp.
½ cup + 1 Tb. milk, cream, or half and half
1 teaspoon snipped, very fine dried lemon verbena
2 teaspoons grated fresh lemon peel

until the temperatures drop. Bring the pot indoors and place on a cool windowsill in good light.

Beware! The leaves will drop as the plant goes into dormancy. Keep the pot lightly watered until March. When days become longer, the plant will start new leaf growth. Water it more and place it in the sunlight. Take it outdoors again when temperatures are dependably about 50 degrees in the spring.

To harvest lemon verbena: Cut the large branches and place loosely in a paper grocery bag. Place the bag in a warm, dim, dry location for about two weeks. Strip the leaves from the stems and store whole in airtight jars for future use.

Note: Lemon verbena has a tendency to get white fly especially when temperatures are warm and there is high humidity. Outdoors these conditions can be easily treated with a daily strong hosing. Indoors, treat the plant with Safer's brand safe soap insecticide.

Lemon Verbena in the Kitchen:

Lemon Verbena has a refreshing sharp lemon scent and flavor in the kitchen. It tastes delicious in fruit drinks and iced water, fresh fruit, fruit salads, cakes and desserts. It is a popular addition in herb teas and combines well with mint. Lemon verbena leaves can be added wherever a taste of fresh lemon is desired.

Medicinal Actions:

Lemon Verbena is a mild sedative and is useful in a relaxing tea or tub bath. Lemon verbena combats depression, nervous tension, stress, insomnia and anxiety. Lemon verbena is also soothing to the stomach and decreases gas, nausea and indigestion.

Aromatherapy:

Lemon verbena essential oil is not widely available.

Cosmetic Actions:

Lemon Verbena stimulates circulation and opens the pores. It is used as a facial steam, in bath herbs and eye compress.

Place dry ingredients into large bowl and mix. Cut butter into chunks and add to flour. Mix with electric mixer until evenly crumbly. Add milk and mix briefly with mixer. Add lemon verbena and lemon peel. Finish mixing dough with your hands, forming a ball. Move dough to a sheet of waxed paper. Pat dough to 1/2" thick. (or place a sheet of waxed paper over top and roll dough out.) Use a plain table knife and cut dough into triangles – anywhere from 2" to 3" on a side. Re-pat scraps and continue cutting until all dough is used. Place on ungreased baking sheet. Bake at 425° for 10 to 12 minutes depending on size. They will just begin to get a very light golden color when done. Transfer to a wire rack to cool completely before serving.

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Buy 3 Scone Mixes and Get a
FREE Lemon Verbena Sugar
\$4.95 Value

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Friendship Tea, Infuser, and TeaCup Special

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Flu Buster Special

Internet Only \$14.99

Reg. \$20.85 Sold Separately

[MORE INFO](#) 



Village Herb Shop Sweet Harvest Tea

\$6.95

Reg. \$7.95 Sold Separately

[MORE INFO](#) 

Lemon Verbena Sugar

Delicious in hot or iced tea, desserts and fruits. Make two cups of delicious lemon verbena sugar using lemon essential oil and lemon verbena leaves. Use this sugar to flavor hot or iced tea, on fresh fruits and in baking cakes or cookies. Makes a great gift for the tea lover in your life!

Directions using dried lemon verbena leaves

2 cups sugar
 1 tablespoon dried lemon verbena leaves, finely cut with scissors
 2 drops yellow food coloring, optional
 2 drops lemon essential oil

(Note: always following exact amounts and exact directions when using essential oils for internal use. Never use fragrance oils for internal use.)

Place sugar in glass bowl and drop food coloring on top of sugar. Press coloring into sugar with a metal spoon until all is evenly dispersed. Drop lemon essential oil onto sugar and press into sugar until flavoring is evenly dispersed. Add finely cut lemon verbena leaves and mix well. Store in tightly covered jar.

Uses: Use to sweeten hot or cold iced tea, to sprinkle on fresh fruits or instead of regular sugar in baking.

Sweet Harvest Herbal Tea

A Flavorful Herbal Tea made from the Garden Harvest.

This tea is very refreshing when the days are warm and nights are cool. Try it iced or hot. No caffeine makes that is great drink for all ages. Try it with a touch of honey, but the naturally sweet spearmint needs no other sweetener.

Yield: one cup tea which makes 60 servings

Ingredients:

3 Tablespoons dried lemon verbena cut very fine
 3 Tablespoons lemon balm
 1/3 cup dried spearmint
 2 Tablespoons seedless rosehips
 2 Tablespoons dried orange peel
 1 Tablespoon dried Calendula petals
 1 teaspoon dried organic lavender

Directions:

Mix all ingredients together. Store in an airtight container. Store away from heat and light.

To Brew:

Brew this tea with one teaspoon per cup. Measure one teaspoon of tea per cup. Place 1 teaspoon loose tea in a tea ball or tea infuser. Pour boiling water in cup and steep covered for 3 to 5 minutes. Remove tea ball. Sweeten to taste.

Sip and savor.

Note: this tea may also be made with fresh ingredients.

Celebrate the Day with a Cup of Tea



Our Upcoming Classes and Events

[VIEW ALL](#) 

- **August 1 through September 23:**

- [Cool Fall Dollars](#)

- This is our most popular promotion. Join the fun and save, save, save. Collect cool fall dollars on all purchases August 1 through September 23



Collect one red dollar on all purchases August 1 through September 30. For every \$10 you spend between Aug 1 and September 23 collect one Cool Fall Dollar. Each dollar is worth \$1 off regular or sale priced items, up to 50% off your purchases and can be applied during our redemption week of September 24-30.

Rules: Cannot be combined with any other discounts. Redeem from Sept 24 to Sept 30 ONLY. In store redemption ONLY. Discount up to 50% off. Merchants Loft Items not included in this promotion.

- **NEW! Open 'til Seven on Thursdays in September**
Village Herb Shop will be open until seven PM every Thursday. Join us to shop on our new evening hours. Open Thursdays from 10 am to 7 pm
Closed Sundays in September
We will reopen on Sundays in October. 12 –4 pm
- **Wednesday, September 23 10:30 AM to 4:30 PM”**
PAINTING WORKSHOP
Acrylic painting workshop with Lisa Hannaford Join us for a fun, relaxed and inspiring day of drawing and painting! Start with fundamentals and end with a finished painting! This workshop may include some "en plein air" opportunity!
Fee: \$60.00 - materials and inspiration supplied by Lisa and The Village Herb Shop - just bring a bagged lunch.
Reservations: Space is limited. Please contact Lisa directly at 440-247-3536 or lisahannaford@ymail.com
www.lisahannaford.com the artist of the celebration of life
- **September 26, 1:00 pm to 3:00 pm:**
Facial Care Instruction and Make-Up Application by Esthetician, Jan Cellura
Learn how to properly care for your facial skin, anti-aging techniques and proper make-up application for a more beautiful you. Jan will do demonstrations and show application of foundation, blush, eye liner and lip color. Learn how to take care of problem skin and keep your face radiant. Jan will have a question and answer format. She will feature the Village Herb Shop's new line of Ecco Bella make-up and facial care products.
Class fee: \$10
- **Saturday, October 10, 11:00 am to 12:00 pm**
Uses of Essential Oils in Everyday Living, Practical and Medicinal Aromatherapy
Lecture by Linda McMahon, Clinical Aromatherapist
Practice the art of aromatherapy and learn simple healing techniques. Linda will teach which oils are calming and relaxing, invigorating, affect the hormones, heal tired, sore muscles and are anti-inflammatory. Linda will show the different ways to use essential oils: topical, inhalation, diffusion and bath. Handouts and sample kit included in the class fee. Bring your aromatherapy questions.
Class Fee: \$10
- **Wednesday, October 14, 10:00 am - 1:00pm:**
Herb Gardening Club

Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for September's Craft:
Herbal Bath Bag in a Washcloth Scrubber

Join us for October's Craft:
Spicy Chai Tea

Join us for November's Craft:
Lavender Body Powder in a Copper Container with Powder Puff

Join us for December's Craft:
Holiday Potpourri in a Basket

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**

[LEARN MORE](#) ►

Focus: Prepare the herb garden for winter. Fall clean-up, organic mulching. This is the last meeting of the year.

Join our Green Team of herb garden enthusiasts. Our club will meet once a month every month from April through October. We will work two hours in the herb garden in the front of our shop. Learn to manage your herb garden by working in ours and by practicing hands-on gardening techniques. Each month club members will learn the best techniques to plant, fertilize, cultivate, grow and harvest herbs with organic gardening practices. We will discuss uses of herbs and share the harvest. Come dressed for gardening and **prepared to work in the garden** from 10 am to 12 noon. Bring tools, scissors and gloves. After gardening, bring a sandwich and join Kathleen for lunch with edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and answer session. Unable to work in the garden? Bring your own lawn chair and learn while you watch us work. Garden Club will be held rain or shine. Membership is FREE and there is no charge for participating. Join anytime. Reservations Please.

Work in Gardens: 10 - 12 pm

Mini herb class and lunch: 12 — 1 pm;

Please bring a dish to share if you wish.

- **October 17, Saturday 1 pm**
Abbots, Arbors and Flowering Meads: A Medieval Garden of Herbs

Presented by Kathleen Gips as told by Lady Catherine of Lovain, 1429.

Lady Catherine will arrive to your banquet hall in full medieval costume and character. She will curtsy to each guest while Gregorian chant music announces her arrival. The Lady is presented with the task of being a mentor to the group of young maids in the audience who desire to become proper ladies in the year of our Lord, 1429. The Lady of a medieval manor has a vast knowledge of herbs and uses them to promote the well being of her family and her home. Important herbs of this time period will be discussed with instruction and practice required. Lady Catherine will come prepared to demonstrate her daily duties.

Young maids from the audience will be asked to show their skills in various tasks as taught by the Lady including preparing the hall with strewing herbs, sprinkling their guests with rose water, combing their hair with a rosemary branch and beautifying their faces with orris root powder. There will be a rosemary bride's parade. The Lady will show how to dispel witches and prepare a proper "stew" or herbal bath for healing.

This program is light and humorous while being educational about herbs used in medieval times. Interaction with the audience through props and demonstration is a special feature. Lady Catherine is in character throughout the program until her final exit. After this she will answer any questions about gardening with herbs during the middle ages. She will describe her costume and talk about the research done for this program at Gaasbeek Castle in the Burgundy area of Belgium.

Program fee: \$15

Reservations Required.

- **Saturday, October 24, 2009** **VHS Tea Tasting Club**

Two tea tasting sessions:

Two tea tasting seatings:

AM: 10:30 am to 12 noon

PM: 2:00 pm to 3:30 pm

Learn about tea, taste tea and have a tea party.

- Demonstrations of proper brewing techniques
- Tips on serving tea
- Taste a variety of teas: red, green, black, herbal
- Enjoy tea time desserts with friends

Fee: \$5 at the door for each seat

Free admission if you bring tea time sandwiches, bread or dessert to share.

Reservations Required. Seating is limited.

Join us to sip and savor!

Next Quarterly tea tasting will be held on January 23, 2010

Would you like to have a Tea Tasting Party for your group? [Ask us!](#)

• **Santa's Herbal Workshop – Our Top Herb Crafts for 2009**

Sunday, November 1 through Sunday, November 15

Come anytime:

Mon. through Sat. 10 am to 5 pm; Thursdays 10-7 and Sundays 12—4

Our top Herb Crafts will be set up in our own upstairs classroom every day. Participate in one or all at \$5 each. Each craft will take about 10 minutes to make. Make one or all. Choose any or all from our top eight herb crafts. This is a great mother/child activity. Make gifts for your family, friends, office, and neighbors. Easy! Fun! Learn about herbs. Make your own holiday gifts following our step by step directions. Recipes included for you to take home.

Santa's Herbal Workshop crafts will include:

Cinnamon Stick Holiday Scent Sachet Bag

Peppermint Stick Sugar

Jingle Bell Tea

Balsam Cedar Scent Countertop Spray Cleaner

Lavender Bath and Body Mist

Chocolate Candy Cane Bath Salts

Bay Kitchen Salt

Holiday Scent Bath and Body Oil

Purchase past years' craft booklets for only \$4.95 each and make herb crafts for everyone on your list.

• **Friday, December 4 - 14th Annual Victorian High Tea**

Three seatings: 11:00 am, 1:00 pm and 3:00 pm

Join us for our annual formal tea featuring herbal and edible flower tea time sandwiches, breads, desserts, teas and punch. This is the Village Herb Shop's most popular event. Invite your friends to begin the Holiday Season.

(This tea will be held at our off site location in Kathleen's Victorian Home. High Tea Program will be given at each seating. Map, address, and directions will be sent with your ticket.)

Victorian High Tea Tickets

Reservations Required. Limited Seating.

Tickets: \$20.00 each

Payment required at time of registration. Payment may be made by phone with Visa/MC or Discover. Make your reservations early. Seating is limited. Reservations are being accepted now. Tickets and map will be mailed to you two weeks prior to the tea.
Cancellations policy: Refunds will be given if seats can be filled.

Celebrate the season and join us for tea

- ***Would you like to volunteer as an Herb Shop hostess and earn FREE classes?? We need helpers to greet and demonstrate products for a few hours on Saturdays. Interested???*** Call Kathleen.

Remember to SHOP LOCAL and support your favorite small stores! We all appreciate your patronage.



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022

Phone: 440-247-5029 Toll Free: 800-836-9120

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Recipes

Lemon Verbena Recipes

Lemon Mint Soothing Tub Tea Bags

Made with herbs, salts and essential oils to soften and soothe the skin. Add one bag to the tub. "If worries you hath, lose them in the bath."

Make two herbal tub tea bags to use in the bath water. The natural herbs and essential oils soften skin and refresh and tone with a soothing lemon mint scent.

Ingredients:

Two tablespoons EACH of the following herbs: lemon balm, lemon verbena, peppermint, lavender

One Tablespoon of EACH of the following: lemon peel, sea salt, calendula petals

1 teaspoon cellulose fiber

10 drops spearmint essential oil

10 drops lemongrass essential oil

2 heat sealing large tea bags OR muslin bags

Directions: Mix all ingredients together in a glass bowl except cellulose fiber and both essential oils. Mix herbs together and put cellulose fiber in a small pile on top of herbs. DO NOT MIX IN. Drop essential oils onto cellulose fiber. Mix all well. Spoon evenly into tub tea bags or into muslin bags. You will need about two to four tablespoons of mixture for each tub tea bag. If using heat sealable tea bags, put edges together and seal closed with a warm iron.

To Use: Add tub tea bag to tub while water is filling. Allow the herbs and essential oils to diffuse into the water for 5 to 10 minutes. Remove, drain and reuse as desired.

Lemon Herb Vinegar

All Purpose Natural Cleaning Spray

Ingredients:

2 cups herbal cleaning vinegar (recipe follows)

2 tablespoons castile liquid soap

1/2 teaspoon or 30 drops lemon essential oil

1/2 teaspoon or 30 drops cedar wood essential oil

Directions:

Put ingredients together in a two cup spray bottle. Shake to mix before using.

Buy 3 Scone Mixes
and get a
FREE (\$4.95 Value)
Lemon Verbena Sugar

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*Expires 10/15/09. Excludes S/H or tax.

Easy Herbal Cleaning Vinegar Made From Garden Herbs

Ingredients:

1 gallon white vinegar
4 cups fresh lemon herbs from the garden: any combination of lemon thyme, lemon verbena, lemon scented leaf geranium, lemon balm, lemon basil

Directions:

Remove one or two cups of vinegar from gallon jug. Add fresh herb sprigs. Add vinegar to fill jug. Cap. Allow to steep for two weeks. Strain out herbs and use for herbal cleaning. The essential oils scent and anti-bacterial properties from the herbs will be in the vinegar.

Lemon Verbena Glass and Window Cleaner

Cleans, disinfects, repels insects naturally.

Ingredients:

2 cups herbal cleaning vinegar (recipe above)
2 Tablespoons unscented alcohol or cheap vodka
1/2 teaspoon liquid castile soap

Directions: Place ingredients in a spray bottle. Spray to clean glass, windows and kitchen surfaces.

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